



In your share:

Braising Mix
Collards
Tatsoi
Pac Choi
Beets
Turnips
Hot Peppers
Sweet Peppers
Garlic
Kale
Arugula

In the PYO:

Anything marked
with a **red** flag is
ready to be picked!
Including:

Dill
Parsley
Nasturtiums
Zinnias
Cosmos

What farmers do when we're not harvesting...

With much of the work of planting and tending to the needs of young crops behind us, our growers have been enjoying some extra-farm activities this past week!

We have taken a few walks around the fields, giving us a chance to check in on the condition of the fence and mend any problem spots before the winter. These walks are also a great time to really observe the change of season, crunch the leaves and see how the landscape morphs with the shorter days and cooler temperatures.

Last Friday, it was off to visit our good friend Shannon Varley and her family at Bella Terra Family Farm in Comus. Shannon and BJ raise and sell pastured pork, chicken and lamb and also have a CSA of their own. It is always a great experience to visit with other local farmers, to see how they work and gather new ideas to bring home to Red Wiggler. We love watching our chickens work in our fields, so it was really something to see how the cows, sheep, pigs and chickens can get things done in a different setting. If you are interested in pre-ordering meat, get in touch with Shannon at Bella Terra Family Farm (www.bellaterrafamilyfarm.com)

Garlic Update

After all that planting, we rolled out the straw and tucked in the beds for a cozy winter. The mulch will help to hold heat and moisture in the soil, and will also contribute to the weed control come spring.

★ Always wash your veggies! Many are best washed just before use, but please be sure to give everything a good washing before you eat it.

Thanks~

Chicken, Shiitake and Bok Choy Soup

Adapted from Bon Appetit

A variation on chicken soup, the flavors in this warming dish are a great remedy for colds and stuffy noses- you can adjust the spice to your preferences. Tossing in some cubed tofu (or cooked chicken breast chunks) makes for a quick and delicious fall dinner.

- 6 cups canned low-salt chicken broth
- 6 ounces fresh shiitake mushrooms (about 10 large), stemmed, caps sliced
- 2 tablespoons minced peeled fresh ginger
- 1-2 tablespoons fish sauce (nam pla)*
- 1 tablespoon soy sauce
- 1 tablespoon oriental sesame oil*
- 1/4 teaspoon chili oil*
- 1 block tofu (silken or firm), cubed
- 3 cups thinly sliced bok choy, pac choi or tatsoi
- 4 teaspoons rice vinegar*
- 2 green onions, sliced

Bring broth, mushrooms and ginger to boil in large pot. Reduce heat and simmer 3 minutes.

Add fish sauce, soy sauce, sesame oil and chili oil and simmer 2 minutes.

Add tofu and simmer 4 minutes.

Add greens and simmer until tender, about 2 minutes.

Stir in rice vinegar. Season soup to taste with salt and pepper.

Ladle soup into bowls. Sprinkle with green onions and serve.

Arugula, Scallion & Dill Couscous Salad

Adapted from Gourmet

This recipe has been kitchen tested by our fabulous volunteer & CSA member, Claire. She was kind enough to bring it up to share with our staff & crew for lunch a few weeks back, and needless to say, it was unanimously farm approved. Hope you enjoy it as much as we did!

- 2 1/4 cups water
- a 10-ounce box couscous (about 1 1/2 cups)
- 1/2 teaspoon salt
- 3 or more tablespoons fresh lemon juice, to taste
- 1/4 cup olive oil
- 2-4 cups arugula, leaves washed thoroughly, spun dry, and shredded fine
- 3 large scallions, sliced thin
- 3-6 tablespoons finely chopped fresh dill, to taste

In a saucepan, bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, cover 5 minutes. Fluff couscous with a fork and transfer to a bowl.

Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in arugula, scallions, and dill and chill salad, covered, at least 2 hours or overnight.